DOCUMENT RESUME

ED 424 488 CG 028 759

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TITLE The Me Nobody Knows: A Guide for Teen Survivors.
ISBN ISBN-0-7879-3960-9
PUB DATE 1993-00-00
NOTE 155p.
AVAILABLE FROM Jossey-Bass Publishers, 350 Sansome St., San Francisco, CA 94104; Tel: 415-433-1767, and 800-956-7739 (toll free); Web site: http://www.josseybass.com
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Adolescents; *Child Abuse; *Counseling; Group Counseling; Individual Development; *Sexual Abuse; *Victims of Crime
IDENTIFIERS *Healing; *Survivors

ABSTRACT

Written specifically for teens who have been abused, this volume helps to clarify experiences and indicates appropriate actions. It provides written, visual, and relaxation exercises that teens can use individually along with therapy or group counseling. Part 1, "The Beginning," includes: (1) "Self, Safety, and Support"; (2) "Effects of Being Sexually Abused"; (3) "From Ages 12 to 21"; (4) "From the Cosbys to the Bundys (and Everything in Between)"; (5) "Growing up in a Dysfunctional Family"; (6) "Sexual Abuse in the Family"; (7) "Sexual Abuse by Someone Outside the Family"; (8) "About Abusers"; (9) "Sexuality and Sexual Abuse." Topics in Part 2, "Healing," include: (10) "From Surviving to Thriving"; (11) "Remembering and Sharing the Story of Your Abuse"; (12) "To Tell or Not To Tell: Breaking the Silence about Sexual Abuse"; (13) "Developing Self-Esteem"; (14) "Developing Healthy Relationships"; (15) "Confronting Your Offender"; (16) "Should I Forgive?" (17) "Having Fun"; (18) "Different Therapies"; (19) "For Your Parents." A list of hotlines and information telephone numbers is appended as well as recommended readings for teens and for parents. (EMK)

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